

Equipment & Space Requirements Checklist

What you Need to Set Up & Administer the 10-metre and 6-Minute Walk Tests

Requirement	√	Action Plan (if not available)		
		Action	Person Responsible	Completion Deadline
Metric measuring wheel or measuring tape	<input type="checkbox"/>			
Tape to mark floor for 10mWT walkway	<input type="checkbox"/>			
Label-maker or white tape, pen and scissors to mark walls for 6MWT walkway	<input type="checkbox"/>			
Location for straight, 14-metre 10mWT walkway	<input type="checkbox"/>			
Location for straight, 30-metre 6MWT walkway	<input type="checkbox"/>			
10mWT & 6MWT protocols, printed (refer to Online Resources #4 and #7)	<input type="checkbox"/>			
10mWT & 6MWT data collection and goal setting forms, printed (refer to Online Resources #6 and #10)	<input type="checkbox"/>			
10mWT & 6MWT instructions and slides for people with aphasia, printed (refer to Online Resources #5 and #8)	<input type="checkbox"/>			
Rating of Perceived Exertion Scale, printed (refer to Online Resources #9)	<input type="checkbox"/>			
Quick Reference Values Look-Up Sheet for posting, printed (refer to Online Resources #14)	<input type="checkbox"/>			
Heart rate monitor	<input type="checkbox"/>			
Blood pressure (BP) cuff	<input type="checkbox"/>			
Stethoscope (if required for BP)	<input type="checkbox"/>			
3-4 armchairs	<input type="checkbox"/>			
2 pylons	<input type="checkbox"/>			
Stopwatch (or use iWalkAssess)	<input type="checkbox"/>			
Mechanical length counter (or use iWalkAssess)	<input type="checkbox"/>			
Pen, piece of tape or beanbag to mark where the patient stops	<input type="checkbox"/>			
Transfer belt	<input type="checkbox"/>			
Telephone nearby in case of an emergency	<input type="checkbox"/>			
An emergency plan	<input type="checkbox"/>			
Smartphones with iWalkAssess app	<input type="checkbox"/>			
Smartphone lanyard	<input type="checkbox"/>			
iWalk guide (for reference)	<input type="checkbox"/>			